



Spring Common Academy

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Dear Parent and Carers

Once again the staff and pupils at Spring Common Academy are supporting the BBC's Children in Need campaign.

Due to the Covid-19 pandemic, Children in Need will be focusing on children's mental health and well-being this year. Therefore on **Friday 13th November**, Spring Common will be holding a '**Come as Yourself Day**'.

Come as Yourself Day, is a chance for students to show support and improve young mental wellbeing by wearing the clothes that make them feel comfortable about themselves.

In the lead up to Come as Yourself Day, classes across the school will be undertaking activities to develop their awareness of mental health and wellbeing.

Parents are welcome to donate to this cause, however this is **not** mandatory. The primary objective is to raise awareness.

For more information about Children In Need, as well as a range of fun activities to download, can be found at: www.bbcchildreninneed.co.uk

Thank you for your support.

Yours sincerely

Sam Buck



Spring Common Academy is part of Spring Common Academy Trust

Executive Head Teacher: Dr Kim Taylor OBE Tel: 01480 377404

